

THE CLAIMED INVENTION IS:

- [C1]** An exercise device comprising:
- (a) an elongated tube;
 - (b) at least one handle secured to the elongated tube; and
 - (c) an engaging member engaged with the elongated tube along the length of the elongated tube for engaging a portion of a user's body.
- [C2]** The exercise device of claim 1 wherein the elongated tube includes a pair of ends and further comprising an other handle secured to the elongated tube, each handle associated with a respective one of the ends of the elongated tube.
- [C3]** The exercise device of claim 1 wherein the engaging member is slidably engaged with the elongated tube.
- [C4]** The exercise device of claim 1 wherein the engaging member comprises an engaging strip including connecting portions releasably securable to each other to form a loop configured to receive the portion of the user's body.
- [C5]** The exercise device of claim 4 wherein each of the connecting portions includes an end, one of the ends being rounded to facilitate grasping for unsecuring the connecting portions.
- [C6]** The exercise device of claim 4 wherein the connecting portions comprise hook and loop fastening means.
- [C7]** The exercise apparatus of claim 1 wherein the engaging member includes structure for engaging the resistance tube.

- [C8]** The exercise apparatus of claim 1 wherein the engaging member defines a channel receiving the elongated tube for engaging the engaging member with the elongated tube.
- [C9]** The exercise device of claim 8 wherein the engaging member is slidable relative to the elongated tube.
- [C10]** The exercise device of claim 1 wherein the engaging member comprises an engaging strip and a mounting strip secured to the engaging strip defining a channel receiving the elongated tube for engaging the elongated tube.
- [C11]** The exercise device of claim 10 wherein the mounting strip is stitched to the engaging strip.
- [C12]** The exercise device of claim 10 wherein the engaging member is slidable relative to the elongated tube.
- [C13]** An exercise device comprising an elongated tube having a pair of ends, a pair of handles, each handle associated with a respective end, and a body engaging member engaged with the elongated tube along the length of the elongated tube for engaging a portion of a user's body.
- [C14]** The exercise device of claim 13 wherein the body engaging member comprises an engaging strip including connecting portions releasably securable to each other to form a loop configured to receive the portion of the user's body.
- [C15]** The exercise device of claim 14 wherein the connecting portions comprise hook and loop fastening means.

- [C16]** The exercise apparatus of claim 15 wherein the body engaging member defines a channel receiving the elongated tube for engaging the body engaging member with the elongated tube.
- [C17]** The exercise device of claim 13 wherein the body engaging member is slidable relative to the elongated tube.
- [C18]** The exercise device of claim 13 wherein the body engaging member includes an engaging strip and an mounting strip secured to the engaging strip defining a channel receiving the elongated tube for engaging the elongated tube.
- [C19]** An exercise device comprising an elongated tube having a pair of ends, a pair of handles, each handle associated with a respective end, and a body engaging member slidably engaged with the elongated tube along the length of the elongated tube for engaging a portion of a user's body.
- [C20]** The exercise device of claim 19 wherein the body engaging member comprises an engaging strip including hook and loop fastening means releasably securable to form a loop configured to receive the portion of the user's body.
- [C21]** The exercise device of claim 20 wherein the body engaging member defines a channel receiving the elongated tube for engaging the elongated tube.